

TEN "REGULAR FELLOWS" TELL CYNTHIA WHAT A GIRL SHOULD BE LIKE—MRS. WILSON'S RECIPES

MRS. WILSON'S RECIPES FOR USING LEFTOVERS

Some Secrets of French Housewives' Success in Preparing Seasoning Are Revealed—Appetizing Ways of Utilizing Odd Bits of Fish and Meat

By MRS. M. A. WILSON

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How to utilize and serve leftover food so there will be no actual waste has perplexed many young housewives, and as one woman writes me: "I try to keep down the leftovers, but every once in so often they just rise up and conquer me."

Every housewife knows that, no matter how carefully she plans, there is sure to be a small quantity of leftover meat, gravy or vegetables. And just what to do with them is almost a daily problem. Two essentials are necessary to successfully utilize leftovers: First, good seasoning; second, attractive appearance.

The French excel in serving leftovers because they so thoroughly understand the art of flavoring and seasoning. The French housewife knows very well that she may only have a pot au feu to serve to the family, but the family knows that the delicate, attractive manner in which the food is put on the table would appeal to the epicure, though the table is but a plain ash top, scoured to the whiteness of the snows.

French Seasonings Each housewife prepares her own seasonings from her garden. You know, she grows them in the garden, and as the leaves become abundant she picks them each day, dries them thoroughly and then places them in separate containers. She prepares the fragrant of soup herbs and has them ready for instant use.

How to Prepare a Fagot of Soup Herbs Place in separate piles One bunch of parsley, One quart of leek, Two bunches of thyme, One and one-half carrots, cut lengthwise, One bay leaf, Tie in bunches and then dry thoroughly and place in a fruit jar until needed.

Garlic Few American persons know of the garlic but as a rank, pungent flavor. To the foreigner garlic is as sweet tasting as the onion and its flavor delightful in food. Just that dash that needs to give it zest. Separate a clump of garlic into cloves and then peel and place in a fruit jar. Now bring one pint of white wine vinegar to the scalding point and then pour it over the garlic. Place on the cover and set in a warm place for two days. Use this vinegar for seasoning gravies and use the garlic, cut into tiny bits the size of a pinhead, for flavoring.

For serving use individual ramekin casseroles, baking shells, and thus make for efficient and quick handling of the food, in which the food itself is presented in a most attractive way.

A good blend of seasoning is most important, so I am going to give you a French housewife's secret. Mince four medium-sized onions very fine, then place in a bowl and add Six tablespoons of salt, Two teaspoons of paprika, One-half teaspoon of thyme, One teaspoon of sweet marjoram, One-quarter teaspoon of sage, Pinch of cloves, Pinch of allspice. Rub together until thoroughly mixed and then put in a warm, dry place for twenty-four hours. Put through a fine sieve. Place in a bottle and use one teaspoon of this mixture in place of salt.

The average housewife seldom thinks of using such herbs as sweet basil, sorrel, tarragon, leek and chervil, yet they give a delicious flavoring to not only soups, stews,

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

ragouts and goulashes, but to made dishes. They can be grown in the kitchen garden. A good sauce is important, and not only increases the portion, but also gives it an attractive appearance.

How to Make a Cream Sauce Place one cup of milk in a saucepan and add three level tablespoons of flour. Stir with a fork or egg beater until well mixed and then bring to a boil. Cool for three minutes and then stir constantly. Remove from the fire and use. To make a brown sauce place four tablespoons of fat in a frying pan and add three tablespoons of flour. Stir until brown. Brown until a very dark color and then add one cup of stock or water. Stir until the mixture is perfectly smooth and at the boiling point for three minutes. Season as desired.

To the cream sauce you may add onion, peas, parsley, finely minced green peppers, chives, tarragon and mushrooms. To the brown sauce add onions, tomatoes, leeks, chives, green pepper and mushrooms and thus make for a splendid variety. When you purchase meat and the butcher trims and removes the bones, etc., insist upon receiving them. Wash and then place in a small saucepan and add one cup of water and one onion. Cook slowly for thirty-five minutes and then cool. Pick the meat from the bones. Mince fine. Serve as an emulsion of beef, using the cream sauce and finely minced green peppers. Serve on toast.

Fish Souffle Remove the bones from leftover fish and flake. Now rub through a fine sieve and add one cup of thick cream sauce made by using Five level tablespoons of flour to One cup of milk, One tablespoon of grated onion, Three tablespoons of finely minced parsley, Yolks of two eggs, One and one-half teaspoons of salt, One-half teaspoon of paprika, One teaspoon of garlic vinegar, Beat to thoroughly mix and then cut and fold in the stillly beaten whites of two eggs. Fill into individual casseroles or ramekins. Set in a pan containing warm water and bake until firm in the center. Send to the table at once.

Meat Puddings Put sufficient cold meat through the food chopper to measure three-quarters of a cup. Place in a mixing bowl and add One cup of cold boiled rice, One small onion, grated, One green pepper, chopped fine, Two teaspoons of salt, One teaspoon of paprika, Two teaspoons of garlic vinegar, One-half teaspoon of thyme, One egg, Five tablespoons of cold stock, water or gravy. Mix thoroughly and then grease and flour the custard cups and fill a little better than just one-half full. Spread the top smoothly and place in a pan containing water, and then bake for forty minutes in a moderate oven. Unmold and cover with either cream or brown sauce. This dish will replace meat in the meal.

The Woman's Exchange

To Clean Suede Shoes To the Editor of Woman's Page: Dear Madam—Would you be so kind as to tell some way to polish or clean a gray suede shoe? I have tried a liquid polish and dry polish, but it does not clean it. M. C. L.

If the spot is just a slight one you can clean it by rubbing the place with sandpaper to rough up the nap that has been matted down. If it is a bad stain try using chloroform like a liquid cleaner, and if that does not take it off use a paste of chloroform and French chalk or magnesia, leaving it on until it dries, then brush it off.

How to Wash a Rag Rug To the Editor of Woman's Page: Dear Madam—Kindly publish the best way to clean or wash a rag rug. It is of very light colors, and I wanted to know if it could be done at home instead of sending it away.

A CONSTANT READER. If you are sure that the colors in the rug are fast and will not run, you can wash the rug in soapsuds and warm water. Do not rub it, but swish it up and down in the water, and rinse in several waters. When you wring it out squeeze it without twisting and hang in the shade to dry. If you are not sure of the colors try covering it with a coating of magnesia or French chalk and leaving it for a whole day. Then brush off the chalk. This will clean the rug if it is not badly soiled and stained, but in that case it would be safer and more practical to send it away.

Likes "Adventures With a Purse"

Dear Madam—Here I am again looking for a bargain. I have been saving up a few of the little items from "Adventures With a Purse," and now I am sending them in a letter, and would be pleased if you would tell me where I could get the different things. I have gotten quite a few things spoken of in the "Adventures With a Purse," and am proud to say that my allowance is not disappearing as quickly as before. That in itself is worth the trouble of writing, not to mention its extra amount of pleasure in having more things. Thanking you for trying to give pleasure to others. J. M. M.

Disgusted With Complexion To the Editor of Woman's Page: Dear Madam—I am a constant reader of your column and have found many suggestions, so I am also coming for advice. I am simply disgusted with my skin. I cannot use powder. I look a sight. I used a complexion brush which left my pores open and also using cleansing cream before putting on powder. ABRADIER.

Try using cleansing cream instead of the vanishing cream and wipe it off with a soft cloth before you use powder. To refine your pores apply a thick coating of zinc ointment and leave it on overnight, applying the cleansing cream in the morning to soften your skin. Do not use soap on your face unless it is absolutely necessary and use just enough powder to remove the shine. Using a great deal of powder not only clogs the pores and makes the skin coarse, but it is not becoming.

The Question Corner

- 1. What unusual public memorial to women is soon to be erected in Washington, D. C.? 2. Describe an attractive and inexpensive way to trim a child's dress or a summer house-dress. 3. When the seats of porch chairs are worn through how can they be mended at home? 4. What kind of "mixed skirt and blouse" suits are very popular for everyday wear this year? 5. How can the wax which runs down from candles and hardens be melted off in order to clean the candle? 6. What dressing table article has been found very satisfactory as a little scraper?

Saturday's Answers

- 1. There is a special need for kindergarten teachers with musical ability for work on the Indian reservations and agencies. Primary and intermediate grade teachers are also badly needed. 2. These positions are secured through the civil service commission. Examination for these grades and for others are scheduled to take place July 9 and September 10, but application can be made at any time to the nearest civil service board. Some of the positions are in boarding schools. 3. An attractive little shield for the end of the croquet hook or knitting needle can be made by taking a colored celluloid thimble, sticking a cork into it and cutting off the end of the cork to make it even with the thimble. 4. The little oiled pages of the empty stamp book can be used to grease pans. Any grease put on them will not leak through to the fingers. 5. When blankets have become thin and worn out put them between alkaline pieces and tuff them with your hands. This makes attractive light bed coverings. 6. To remove a porous plaster without pain moisten it first with olive oil.

Adventures With a Purse

ALICE looked particularly nice in her little close-fitting toque with the tiny nodding flowers, their colors slightly subdued by a covering of black netting. "Your hat looks lovely," I said. "It is new?" "New?" laughed Alice. "My dear, it is just fixed over." The hat itself was an extravagance—cost twenty-five whole dollars. So this year I just bought these flowers, which, if you please, I paid the large sum of ten cents per bunch. I was simply amazed. At that slight cost she had freshened her smart little hat so that it looked brand new. She tells me you can get leaves, or flowers, or those shiny black cherries for hats, and they cost only two cents.

Every woman loves to embroider—soft little nightgowns, dainty lingerie, centerpieces, bureau scarfs—but most of all, I think she loves best to embroider children's things. For one thing, she can make such adorable garments she can wear them herself. Take, as an example, the children. I saw today, the cunningest little affairs you would see in a day's walk. They are white, already made up, and have a little design stamped around belt and neck. The remarkable part is the price, for they are marked \$1. The ones I saw, which had been embroidered for a sample, were done in two shades of blue. And the design itself, very simple, would require only a little work.

I have found another song. I think you will like it. In the first place, it was met with the approval of none other than Carmen herself, who has sung it a number of times. The words are beautiful; make you want to learn them just because the sentiment expressed is so simple, and the music fits them perfectly. I feel quite sure you will like it. I think you will have no trouble in learning it, and I am glad to hear that you are planning it, for

TASKS PLANNED AHEAD SAVE TIME



Wise women have hours for reading as well as cooking! Weekly and daily budgets of time make leisure for women who follow them consistently. Hurry and confusion in homes are eliminated

ONE thing drilled day after day into the boys who are coming back from camps or overseas is "schedule," a time for everything and each thing done at that time. Housewives need that drill.

The argument will come up, "But women's work is never done. It cannot be put in the same class with a soldier's life at all."

Women's work is full of many tasks, it is true, but that is just why she should work by a schedule. Do you remember the day when you were a little girl that your mother told you you might go to Mary's to play if you finished washing the dishes by 1:30 o'clock and did them well? You finished them at 1:20, while the day before it had taken you an hour, and "just feel like baking" on the days when you don't need any baked products? On still another day do you puzzle as to why you are so tired and then remember that the day before you had felt so energetic that you both washed and ironed, just for the fun of it? If you are guilty, then "schedule" is what you need.

Making Weekly Schedules Women's work is scheduled most easily by the week because of the number of weekly tasks. These must be taken into account as well as the daily ones. Some which do not come as often as once a week must be taken care of, too, in the budget of time. Each woman has different things she must attend to, so any schedule or budget of time will have to be worked over or used only as a pattern to be altered where necessary. Every day a housekeeper has these tasks:

- 1. Preparation of three meals a day. 2. Dishwashing. 3. Care of beds. 4. Light cleaning of used parts of the house. At least once a week she has these tasks: 1. Laundry. 2. Marketing. 3. Special cooking. 4. Sewing or repairing. 5. Thorough cleaning of house. 6. Cleaning of windows, silver, or fittings. 7. Cleaning of refrigerator. If there are children in the family more tasks must be put in each of the lists.

The Daily Schedule

The list made, the next question is how to arrange the day's work. That will depend on the housekeeper herself, but she should have a definite preference and stay by it in order that her work may become efficient.

Such a schedule will make the casual observer appreciate the multitude of tasks that come up in the daily life of a housekeeper. It will increase her own self-respect to see the list of things she is doing each day, but more than that it will increase her interest in housekeeping. To work by schedule will make her commander of these duties rather than their slave.

Please Tell Me What to Do

By CYNTHIA

Why Do Boys Think?

Dear Cynthia—I should like to know why it is that boys think they can take a girl out and not bring her home until all hours? Is this allowable, and if not so, what time should the girls be home? It makes a woman "watch her step" and she is chaperoned for girls. Say, for instance, a girl is asked to go out with another girl and two boys in a car for a so-called "date." Should the girl accept if she knows there are to be no chaperones? If she does, what time should she be home? Are rates and grills, etc., proper places for girls of eighteen or thereabouts to go with a young man at night? I should be very much obliged if you would answer these numerous questions.

My dear, how can you ask Cynthia or any one, for that matter, to tell you why boys think any special thing? No one knows why boys think, nor why girls think, for that matter, except that they are given brains and should use them; but very few do until they are beyond the flapper age. Let the boys think they can keep you out late, but don't let them do it; and if they do it once, do not go with those same boys again. Girls should not be out after 10 o'clock unless they are at the theater. They should certainly not go out for motor rides unaccompanied unless their parents absolutely approve. And they should not go into cafes nor girls with young men and no chaperones.

It may be hard to keep to these rules, but nice girls should, and the boys when they do think will respect you much more than if you were always willing to go out and stay, as you express it, "all hours."

Ileana Answers the Major Dear Cynthia, Club Members and Major von L.: What I have to answer to Major von L. is not intended merely for him, but for all of you. However, I am going to address myself mainly to him since he was the only one who found it worth while to answer my letter.

You ask, dear major, whether it is true that human nature is so cruelly extreme. I will answer you—for brains can be and are admired by boys; only as I said in my previous letter, I have not been fortunate enough to often encounter beauty and brains combined in

with a moral hour. By its aid housekeeping is put on a businesslike basis. "But what a hopeless task it is to foresee all the tasks in a day," a dissenting voice says.

If you cannot remember all the work you do, watch yourself. See what duties there are that present themselves necessarily and what come from poor planning and mismanagement.

Are you one of those women who get cleaning spasms on days when the ladder is low, and "just feel like baking" on the days when you don't need any baked products? On still another day do you puzzle as to why you are so tired and then remember that the day before you had felt so energetic that you both washed and ironed, just for the fun of it? If you are guilty, then "schedule" is what you need.

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TEN "REGULAR FELLOWS" BUILT THIS IDEAL GIRL

Twenty Do's and Don'ts for Girls Drawn Up by Real Live Young Men Who Got Together and Wrote to Cynthia

THE highly interesting set of do's and don'ts printed below were submitted to the Cynthia column by "ten regular fellows." If you are a man see if these standards for girls measure up to yours or fall below them and if you are a girl, well see if you measure up or fall below the "rules." Then sit down and write me a tell, if you agree that the ideal girl is the kind these ten regular fellows describe.

The letter follows: "In answer to a letter which appeared on your page some time ago and signed 'Almost Nineteen' I submit the following. The different views given in this letter, by the way, are those of ten regular fellows. By real fellows I don't mean those who give on the corner watching the hobble-skirted girl board a trolley.

"First. Don't think that good looks count everything; a girl with a genial smile and a sunny disposition with only passable looks is liked more than a pretty doll (genuinely pretty) by the fellows.

"Second. Be neat and tidy; dress your hair well and take good care of your teeth and fingernails.

"Third. Never give an ennuage name to a fellow, because the joke may be on you later.

"Fourth. Never try to make a fellow jealous, because fellows in general don't like a girl who tries to make them jealous.

"Fifth. Treat the fellow fair, and if he's a man he'll reciprocate, and, by the way, the best way to let a fellow play fair with you is to speak about how men should be fair, etc., etc. If he doesn't play fair with you hand him the passport.

"Sixth. Keep well informed with up-to-date news.

"Seventh. Be a nifty although not necessarily a flashy dresser.

"Eighth. Learn a lot of jokes so if a fellow tries to kid you you can come right back, and although he'll feel it, he will like you better.

"Ninth. Never let a fellow see you cry or you'll soon hear him whistling 'I'm glad I can make you cry.'

"Tenth. Don't try to see how loud you can laugh.

"Eleventh. Be a good listener and an entertaining speaker although you must not do too much of either.

"Twelfth. Keep your head up when you walk.

"Thirteenth. If you don't know how to dance don't worry. Some fellows have the hobby of teaching girls (except their sisters) how to dance.

"Fourteenth. Rouge? Oh, yes, if you know how to use it it is all right, but if you don't, then don't use it, and a little thing like rouge depends on how broad-minded a fellow is.

"Fifteenth. Don't let your Tom, Dick and Jack put his arms around you; you'll be liked just as well if you don't allow any one to hug you. Nine times out of ten this hugging and kissing it does as a test by some of us fellows, although sometimes we are tempted to steal a kiss just because we're beginning to fall for the girl.

"Sixteenth. Don't be a snob! ! !

"Seventeenth. Leave religion alone in discussions.

"Eighteenth. Don't be a jolly-good-fellow. Very few fellows will set their caps for a jolly-good-fellow. She's easy to get and we don't want to go steady with a girl whose cheeks and lips are worn out by kissing, and whose waist is smaller than it should be due to the hugging.

"Nineteenth. If a fellow isn't always trying to kiss you don't term him slow, because he might be just as alive as the next fellow, but thinks that if he tries to kiss you he'll lose your friendship.

"Twentieth. Don't keep steady company—you're always the loser in a quarrel."

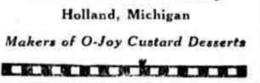
RED CROSS AIDE CHOSEN

Miss Elizabeth Wood Will Be Home Service Secretary

Miss Elizabeth Wood will be the executive secretary of the home service section of the American Red Cross as successor of Miss Janet C. Moore, who resigned to do civilian relief work of the divisional headquarters of the organization.

Miss Wood was for ten years connected with the Philadelphia Society for Organizing Charity, being district superintendent and later a supervisor of class work. She resigned from the society in 1913 to become superintendent of the Clinton district of the Organized Charities of New York, a model district chartered by the Russell Sage Foundation.

Miss Wood has been associated with schools for training social workers in Philadelphia, New York and Chicago. During her work with the Red Cross she was with the Potomac division, the southwestern division and the national headquarters in Washington.



"I like it and it likes me" HOLLAND RUSK

It is a wholesome and nourishing food for the whole family from baby to granddaddy. Let the children eat a nutcracker's Holland Rusk between meals.

Wonderfully crisp and light—a table dainty that wins you with the first taste. Better than toast and the easiest digested food of all. Doctors recommend it.

Holland Rusks have a hundred uses. Learn about them. See for a large package at grocers—don't pay more.

Made only by Holland Rusk Company Holland, Michigan Makers of O-Joy Custard Desserts

ONE reason so many people have their furs repaired and remodeled here is that we can show them the exact style they want in the garments from our stocks—not pictures. Work done now at a third below regular winter prices. "Pay the cost in the Fall."

Mawson & DeMany 1215 Chestnut Street

RUUD WATER HEATERS Monday's Minutes Multiplied How quickly washing could be done! How that washing machine could turn out the clothes, if only real, snappy, hot water were always there when needed. Ruud would be, and plenty for the folks beside.

ASK FOR and GET Horlick's The Original Malted Milk For Infants and Invalids

POMPEIAN OLIVE OIL "always fresh" Makes Appetizing Salad Dressings Has the Native Olive Flavor Sold Everywhere

A single application of Resinol usually relieves skin trouble The moment Resinol touches itching, burning skin, the suffering usually stops. The skin rapidly loses its angry look, the trouble clears away, and in surprisingly short time skin-health is restored. It acts even more quickly if aided by Resinol Soap.